

Child Anger Management Group

The Child Anger Management Group is for children ages 8 to 11 years of age. In this group the children will be educated about techniques to release anger in a healthy way, learn ways to talk about their thoughts and feelings and be encouraged to make better choices in all settings.

Topics discussed in the group include:

- Identifying anger triggers and stressors
- Learning anger management coping skills
- Improving communication of thoughts and feelings
- Improving self esteem and relationships with others

This group is facilitated by Dena Otrin, Licensed Professional Counselor at Bayside Counseling, LLC.

The group will be held on Saturday mornings from 9:30am to 10:30am two times per month for eight weeks. The beginning date will be determined upon interest in participation in the group.

Dena accepts most commercial insurances. Self-pay for this group is \$30.00 per session.

For interest in participation or questions about this group please call Dena Otrin at 860-399-9500.